

Breast pumps & Back To Work



WIC OFFICE—For WIC clients on case by case basis we can issue a loaner pump to clients if needed. WIC also offers a back to work and pumping class for clients. Some Hospital Grade Pumps available for loan. Laws and Info for employers available.

All mothers can contact their doctor for a prescription to cover an electric pump. Medicaid will cover a breast pump. Call our office to find out where to fill your Rx!

Websites for pumping and working information:

www.workandpump.com

Breastmilkcounts.com

www.medela.com

Milkmemos.com

Thebump.com

Hand Expression and Pumping Video:

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

Order Your Breast Pump Online or by Phone From:

Ships to you:

Edgepark.com

Easyformoms.com

Aeroflowbreastpumps.com (844-867-9890)

Mpcs.mckesson.com (855-397-6727)

Target.com/breastpumpprogram (855-406-7867)

Healthybabyessentials.com (888-495-7491)

Spectrababyusa.com

Medela.com

Ameda.com

Hygeia.com

Locally: Ask WIC for a Complete List with Accepted Insurances.

Sobaks Medical Supply

Owosso-989-723-8927, Durand- 989-288-4609,
Chesaning-989845-8927

Hart Medical Equipment

Lansing- 517-346-4770 or Flint 810-406-4444

Join our I Promise Challenge!

We challenge all moms to consider taking the I Promise Challenge:

I Promise to exclusively breastfeed my baby for 10 days.

I Promise to give my baby the very best start.

I Promise to call for help and use these resources to reach this goal.

I Promise to give this gift to you , my child, because I am the only one that can.

Love,
Your MOM

Date: _____



BREASTMILK. EVERY OUNCE COUNTS.

Shiawassee County Health Department /
WIC Office
149 E Corunna Ave
Corunna, MI 48817

Phone: 989-743-2383
Email: wic@shiawasseechd.net
Like us on Facebook Shiawassee WIC

This institution is an equal opportunity provider.
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Breastfeeding Resources



Who Can I call... Where Can I go...

Provided by:
Shiawassee County WIC Peer
Counselor Program
&
Shiawassee County Health
Dept. Breastfeeding Support
Services



Tel: 989-743-2428

▶ Who to call?

Health Dept Breastfeeding Support:

989-743-2370

Health Dept IBCLC : 989-743-2428

Shiawassee WIC Office:

989-743-2383

Owosso Memorial Family Birth Place:

989-723-6466

Breastfeeding Support Group:

Baby Café—Drop In Group

Meets every Thursday at 10am

Capital Area Baby Café-Shiawassee Site
Facebook Page

National Women's Health Information Center Breastfeeding helpline:

800-994-9662 (9am to 6pm M-F)

Baby Beloved Inc.: 616-977-LOVE

La Leche League: 1-800-525-3243 or

1-877-452-5324

La Leche League Lansing: 517-321-1818

East Lansing- 517-543-6177

To find a breastfeeding specialist go to

www.ilca.org and find a lactation consultant or call
919-459-2073

Sparrow Breastfeeding Clinic 517-364-5860 Tues. & Fri, 12pm-5pm (Call Clinic or WIC for referral form)

La Leche League 24 hr. toll free breastfeeding helpline
1-877-452-5324

Infant Risk Center (BF safety of Medications) M-F 8am-5pm
Central 1-806-352-2519

National Breastfeeding Helpline 1-800-994-9662

CLASSES:

WIC offers a Infant Feeding Class, How to Breastfeed Class and Back to work and Pumping Class these are once a month on Tuesdays at 3pm call: 989-743-2383 to register

Memorial Healthcare Breastfeeding Class:

These are offered every other month the class runs from 6-8pm. First Monday of the month Feb, Apr, June, Aug, Oct. and Dec. Call: 989-729-6422 to register.

(\$27.50 (covered by Medicaid), self pay \$22)

Memorial Pediatric Clinic Breastfeeding Classes (for babies born at Memorial): 989-729-4100 to schedule appointment



If in doubt
call for help!



Online Resources...

⇒ www.drjacknewman.com (videos and handouts)

⇒ Ibreastfeeding.com

⇒ La Leche League www.llli.org

⇒ www.4women.gov

(breastfeeding information and back to work laws)

⇒ www.wicbreastfeeding.fns.usda.gov

⇒ www.kellymom.com

⇒ www.breastmilkcounts.com

⇒ www.gotmom.org

⇒ Unicef.org

⇒ www.secretsofbabybehavior.com

⇒ www.breastfeedinggateway.org

⇒ Breastfeedingmadesimple.com

⇒ Babyfriendlyusa.org

⇒ Bfmed.org

⇒ Usbreastfeeding.org

MEDICATIONS

⇒ TOXNET -www.toxnet.nlm.nih.gov (check medications safe with breastfeeding)

⇒ Infantrisk.com (mommy meds phone app)
Mother's Milk website reference.

⇒ WIC Office Medications and Mothers Milk Lactation Professional can answer questions and offer suggestions to safest medications.

FATHERS

www.newdadmanual.com

www.marchofdimes.com/baby/newdads_breastfeeding.html

Dadsadventure.com

Coffective- Free downloadable App

FREE MOBILE APPS (visit app store on your phone)

⇒ Text4Baby—Text BABY to 511411

⇒ LactMed— App to check safe medications

⇒ Coffective, for moms, dads, grandparents

⇒ BabyTracker & Diary—MeGrow



⇒ Feed Baby, Mommys Milk

⇒ My Medela

⇒ Breast Baby Feeding Log

⇒ WebMD Baby Feeding log

⇒ Lansinoh Baby

⇒ Mammababy breastfeeding app

⇒ Breastfeeding Baby Tracker

⇒ Baby Feed Timer

⇒ Medications and Mothers Milk

⇒ Many other apps to log feeds and diaper outputs just search breastfeeding apps!



SOCIAL MEDIA (Facebook Pages)

Shiawassee WIC Facebook page

Capital Area Baby Café- Shiawassee Site

Shiawassee County Health Dept. Breastfeeding Support Services

Nourish Breastfeeding Support

Breastfeeding USA

Breastfeeding resource center

Hygeia Breastfeeding

Humanmilk4humanbabies

KellyMom

The Breastfeeding Center, LLC

Best for Babes

TONGUE OR LIP TIE

Ask for Handout at WIC office or on our Breastfeeding Facebook Page.

FB page: Michigan Lip & Tongue tie support group

BABYWEARING

Help with using or choosing a carrier

Jennifer Babcock, TBC

989-743-2428

Websites and Groups:

* TheBabywearer.com

* Mid Michigan Babywearers -FB or willowtreefamily.com

* Babywearing International of Lansing- FB page

* Babywearingschool.com

* Babygearlab.com

* Babycarrierindustryalliance.org

